



Selected Health Risk Behaviors and Health Outcomes by Sex National YRBS: 2009

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

Health Risk Behaviors and Health Outcomes	Female Students (%)	Male Students (%)	Females More Likely Than Males ¹	Males More Likely Than Females ¹	No Difference ¹
Behaviors that Contribute to Unintentional Injuries					
Rarely or never wore a seat belt (when riding in a car driven by someone else)	7.7 (6.3–9.4) ²	11.5 (9.6–13.8)		●	
Rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)	83.1 (79.5–86.2)	85.8 (81.4–89.3)			●
Rode with a driver who had been drinking alcohol one or more times (in a car or other vehicle during the 30 days before the survey)	28.8 (27.1–30.6)	27.8 (26.0–29.6)			●
Drove when drinking alcohol one or more times (a car or other vehicle during the 30 days before the survey)	7.6 (6.8–8.6)	11.6 (10.3–13.1)		●	
Behaviors that Contribute to Violence					
Carried a weapon on at least 1 day (for example, a gun, knife, or club during the 30 days before the survey)	7.1 (6.3–7.9)	27.1 (24.3–30.2)		●	
Carried a weapon on school property on at least 1 day (for example, a gun, knife, or club during the 30 days before the survey)	2.9 (2.5–3.4)	8.0 (7.1–9.2)		●	
Threatened or injured with a weapon on school property one or more times (for example, a gun, knife, or club one during the 12 months before the survey)	5.5 (4.8–6.3)	9.6 (8.5–10.8)		●	
In a physical fight one or more times (during the 12 months before the survey)	22.9 (21.4–24.4)	39.3 (36.9–41.7)		●	
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (during the 12 months before the survey)	9.3 (8.4–10.3)	10.3 (9.1–11.6)			●
Ever physically forced to have sexual intercourse (when they did not want to)	10.5 (9.6–11.4)	4.5 (3.7–5.6)	●		
Did not go to school because they felt unsafe at school or on their way to or from school on at least 1 day (during the 30 days before the survey)	5.3 (4.6–6.1)	4.6 (3.8–5.6)			●
Seriously considered attempting suicide (during the 12 months before the survey)	17.4 (16.5–18.4)	10.5 (9.4–11.6)	●		
Made a plan about how they would attempt suicide (during the 12 months before the survey)	13.2 (12.4–14.1)	8.6 (7.4–10.0)	●		
Attempted suicide one or more times (during the 12 months before the survey)	8.1 (7.2–9.0)	4.6 (3.9–5.5)	●		
Tobacco Use					
Ever tried cigarette smoking (even one or two puffs)	46.1 (43.7–48.6)	46.3 (42.6–50.0)			●
Smoked a whole cigarette for the first time before age 13 years	9.4 (8.2–10.8)	11.8 (10.3–13.4)		●	

Health Risk Behaviors and Health Outcomes	Female Students (%)	Male Students (%)	Females More Likely Than Males ¹	Males More Likely Than Females ¹	No Difference ¹
Tobacco Use (Continued)					
Ever smoked at least one cigarette every day for 30 days	10.6 (9.1–12.3)	11.7 (10.4–13.1)			●
Smoked cigarettes on at least 1 day (during the 30 days before the survey)	19.1 (17.2–21.0)	19.8 (17.8–21.9)			●
Smoked cigarettes on 20 or more days (during the 30 days before the survey)	6.4 (5.4–7.6)	8.0 (7.1–9.0)		●	
Did not try to quit smoking cigarettes (among students who currently smoked cigarettes, during the 12 months before the survey)	45.8 (41.0–50.6)	52.0 (48.3–55.7)		●	
Used chewing tobacco, snuff, or dip on at least 1 day (during the 30 days before the survey)	2.2 (1.8–2.7)	15.0 (12.1–18.5)		●	
Smoked cigars, cigarillos, or little cigars on at least 1 day (during the 30 days before the survey)	8.8 (7.7–10.1)	18.6 (17.0–20.5)		●	
Smoked cigarettes; smoked cigars, cigarillos, or little cigars; or used chewing tobacco, snuff, or dip on at least 1 day (during the 30 days before the survey)	21.8 (19.9–23.9)	29.8 (27.0–32.8)		●	
Alcohol and Other Drug Use					
Ever had at least one drink of alcohol on at least 1 day (during their life)	74.2 (72.4–76.0)	70.8 (68.4–73.2)	●		
Had at least one drink of alcohol on at least 1 day (during the 30 days before the survey)	42.9 (41.2–44.6)	40.8 (38.6–43.0)			●
Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day (during the 30 days before the survey)	23.4 (21.8–25.0)	25.0 (22.9–27.1)			●
Ever used marijuana one or more times (during their life)	34.3 (32.1–36.5)	39.0 (36.4–41.6)		●	
Used marijuana one or more times (during the 30 days before the survey)	17.9 (16.2–19.7)	23.4 (21.8–25.1)		●	
Ever used any form of cocaine one or more times (for example, powder, crack, or freebase, during their life)	5.3 (4.6–6.2)	7.3 (6.2–8.4)		●	
Used any form of cocaine one or more times (for example, powder, crack, or freebase, during the 30 days before the survey)	2.0 (1.6–2.5)	3.5 (2.9–4.2)		●	
Ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times (during their life)	12.9 (11.8–14.0)	10.6 (9.2–12.1)	●		
Ever took prescription drugs one or more times without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, Adderall, Ritalin, or Xanax, during their life)	19.8 (17.9–21.9)	20.4 (18.5–22.5)			●
Ever took steroid pills or shots without a doctor's prescription one or more times (during their life)	2.2 (1.8–2.7)	4.3 (3.5–5.2)		●	
Ever used hallucinogenic drugs one or more times (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms, during their life)	5.5 (4.7–6.4)	10.2 (8.7–11.9)		●	
Ever used heroin one or more times (also called "smack," "junk", or "China white", during their life)	1.7 (1.3–2.1)	3.2 (2.6–3.9)		●	
Ever used methamphetamines one or more times (also called "speed", "crystal", "crank", or "ice", during their life)	3.3 (2.7–4.0)	4.7 (4.0–5.5)		●	

Health Risk Behaviors and Health Outcomes	Female Students (%)	Male Students (%)	Females More Likely Than Males ¹	Males More Likely Than Females ¹	No Difference ¹
Alcohol and Other Drug Use (Continued)					
Ever used ecstasy use one or more times (also called “MDMA”, during their life)	5.5 (4.7–6.4)	7.6 (6.4–9.1)		●	
Offered, sold, or given an illegal drug by someone on school property (during the 12 months before the survey)	19.3 (17.3–21.4)	25.9 (23.2–28.7)		●	
Sexual Behaviors that Contribute to Unintended Pregnancy and STDs, Including HIV Infection					
Ever had sexual intercourse	45.7 (43.0–48.5)	46.1 (41.5–50.9)			●
Had sexual intercourse with four or more persons (during their life)	11.2 (10.1–12.4)	16.2 (13.7–19.1)		●	
Had sexual intercourse with at least one person (during the 3 months before the survey)	35.6 (33.4–38.0)	32.6 (29.4–36.0)			●
Did not use a condom during last sexual intercourse (among students who were currently sexually active)	46.1 (43.6–48.6)	31.4 (28.8–34.0)	●		
Did not use birth control pills or Depo-Provera before last sexual intercourse to prevent pregnancy (among students who were currently sexually active)	72.6 (69.0–76.0)	81.7 (78.6–84.5)		●	
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	17.1 (15.4–19.0)	25.9 (23.8–28.3)		●	
Were never taught in school about AIDS or HIV infection	12.2 (10.9–13.7)	13.7 (12.2–15.3)		●	
Never tested for HIV (does not include tests conducted when donating blood)	85.3 (83.8–86.7)	89.1 (87.5–90.6)		●	
Dietary Behaviors					
Ate fruits and vegetables less than five times per day (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	79.5 (77.8–81.2)	76.1 (74.6–77.6)	●		
Ate fruit or drank 100% fruit juices less than two times per day (during the 7 days before the survey)	67.8 (65.5–70.0)	64.7 (62.3–66.9)	●		
Ate vegetables less than three times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	87.0 (85.7–88.1)	85.5 (84.3–86.7)			●
Drank less than three glasses per day of milk (during the 7 days before the survey)	91.3 (89.7–92.6)	80.2 (76.9–83.1)	●		
Drank a can, bottle, or glass of soda or pop at least one time per day (not including diet soda or diet pop, during the 7 days before the survey)	23.3 (21.0–25.8)	34.6 (31.7–37.5)		●	
Physical Activity					
Physically active at least 60 minutes per day on less than 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	88.6 (87.1–89.9)	75.2 (73.7–76.6)	●		
Did not participate in at least 60 minutes of physical activity on any day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	29.9 (28.1–31.7)	17.0 (15.1–19.1)	●		
Used computers 3 or more hours per day (played video or computer games or used a computer for something that was not school work on an average school day)	21.2 (19.4–23.1)	28.3 (25.1–31.8)		●	

Health Risk Behaviors and Health Outcomes	Female Students (%)	Male Students (%)	Females More Likely Than Males ¹	Males More Likely Than Females ¹	No Difference ¹
Physical Activity (Continued)					
Watched television 3 or more hours per day (on an average school day)	32.1 (29.9–34.4)	33.5 (29.9–37.2)			●
Did not attend physical education classes in an average week (when they were in school)	45.0 (37.3–53.0)	42.3 (34.2–50.9)			●
Attended physical education classes on less than 5 days in an average week (when they were in school)	68.1 (62.1–73.5)	65.4 (58.6–71.7)			●
Did not play on a sports team (run by their school or community groups during the 12 months before the survey)	47.7 (45.3–50.1)	36.2 (32.1–40.5)	●		
Obesity, Overweight, and Weight Control					
Obese (students who were ≥ 95 th percentile for body mass index, by age and sex, based on reference data)	8.3 (7.5–9.1)	15.3 (13.3–17.5)		●	
Overweight (students who were ≥ 85 th percentile but < 95 th percentile for body mass index, by age and sex, based on reference data)	15.9 (14.8–17.0)	15.7 (14.4–17.2)			●
Went without eating for 24 hours or more to lose weight or to keep from gaining weight (during the 30 days before the survey)	14.5 (13.4–15.7)	6.9 (6.0–7.9)	●		
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)	5.4 (4.8–6.0)	2.6 (2.1–3.2)	●		
Other Health–Related Topics					
Ever told by a doctor or nurse that they had asthma	21.1 (19.7–22.6)	22.8 (21.1–24.5)			●
Ever told by a doctor or nurse that they had asthma and still have asthma	11.6 (10.6–12.7)	10.0 (8.9–11.2)	●		
Sometimes, rarely, or never wore sunscreen (with an SPF of 15 or higher when they were outside for more than 1 hour on a sunny day)	87.6 (86.1–88.9)	93.5 (92.6–94.3)		●	
Had less than 8 hours of sleep (on an average school night)	71.8 (70.1–73.4)	66.7 (64.9–68.4)	●		

¹ Based on t-test analyses, $p < 0.05$.

² 95% confidence interval.

Where can I get more information? Visit www.cdc.gov/healthyyouth or call 800–CDC–INFO (800–232–4636).



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